

## It's Time For A Cup



Leaving the bottle behind is an important part of your baby's development. Baby will feel more independent because he can drink from a cup like the rest of the family and can feed himself.



When your baby is able to sit well, begin offering water from a small cup. Be patient. It will take your baby time to learn to drink from a cup.

As baby gets used to drinking from a cup, offer formula, breast milk, or juice in a cup.

A small plastic cup with a spout may be easier for babies to handle. Show him how to drink from it. Encourage him even when he makes a mess.

Take bottles away gradually. Most babies will not want to give up the bottle all at once. At about 8 months replace a cup feeding for a bottle feeding for a few days. Start with the feeding he is least interested in. Gradually, one by one, replace all his bottle feedings with a cup. Babies should be drinking mainly from a cup by their first birthday.

I plan on having my child drinking from a cup by \_\_\_\_\_.

**Your baby is growing up. Baby should celebrate his first birthday with a cup, not a bottle.**

Adapted from pamphlets from the Cherokee Nation WIC Program and the California Department of Health Services. Kansas Dept. Of Health & Environment-BCYF

